

KEEP YOUR BABY SMOKE FREE



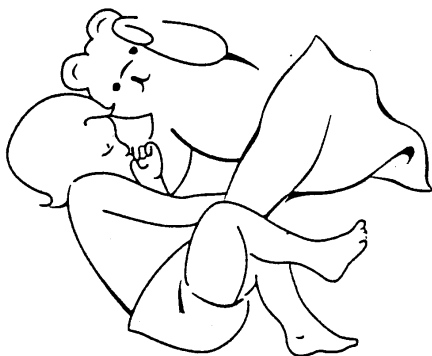
Not smoking is one of the best things you can do for your baby and for yourself.

You will...

- Breathe more easily.
- Have more energy.
- Have a better sense of smell.
- Have nicer smelling breath, hair and clothes.
- Be less likely to have wrinkles and stained teeth.
- Have more money to spend on your baby and yourself.
- Be proud of yourself.

Your Baby will...

- Get breast milk without nicotine.
- Grow better.
- Get fewer colds, coughs, and earaches..
- Be less likely to smoke when he or she grows up.



**YOU AND YOUR
BABY CAN BE
HEALTHY, HAPPY
AND SMOKE FREE
FOR A LIFETIME.**

TIPS FOR NOT SMOKING

New babies need a lot of care and moms get tired. When you are tired and frustrated, you are more likely to smoke.

- ♦ Make time for yourself. Go for a walk, take a hot bath, or read a magazine.
- ♦ Do less housework and plan simple meals.
- ♦ Lie down whenever your baby sleeps. Have older children color, do puzzles, or watch T.V.
- ♦ Have fun walking or dancing with your baby.
- ♦ ~~Eat a variety of good foods. Snack on fruit, cheese or popcorn.~~
- ♦ Visit often with family and friends.
- ♦ Join a mom's group at church or at your local school.
- ♦ Plan ahead; be ready to use your favorite tips for not smoking.
- ♦ Reward yourself with a little gift when you go without smoking.
- ♦ Chew gum, cinnamon sticks, or sunflower seeds.

YOU CAN DO IT! YOU CAN BE SMOKE FREE!

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